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# Institutional Feeding Managers Stewards-Chefs-Cooks

## ATTENTION PLEASE!

February 21, 1944.

### Cabbage Victory Food Selection

CABBAGE for VARIETY ----- CRISPNESS ----- and FLAVOR!

War Food Administration has designated CABBAGE as a Victory Food Selection from the period February 24 to March 4. We are asking the cooperation of all to stress the value of Cabbage and feature it in menus to help relieve the supply of this product on the market.

A lot can be done with CABBAGE in the preparation and planning of meals. It is a versatile vegetable rich in food values which aid in meeting the many food requirements necessary to maintain good health.

CABBAGE is much more popular and more apt to be eaten if properly cooked and attractively served. For a good early spring tonic, serve a crisp COLE SLAW or FRUIT and CABBAGE SALAD. In preparation, we should follow the Chinese method of cooking vegetables, especially green leafy varieties. Their way of having vegetables chewy and not soft is the best, not only for taste but for eye appeal. There is better color, more food value and a more palatable dish when cabbage is cooked for a short period of time.

There are many ways you can include cabbage in meal planning; for instance, as a side-serving of cole slaw with sandwiches instead of the usual pickle or relish. Added to the serving of a hot dish, it will give crispness to the meal. Cabbage Salad does not require an oil dressing, thereby effecting a saving in fat ration points. It is one salad which is complemented by a simple dressing of vinegar, sugar and seasoning.

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POTATOES ARE PLENTIFUL. Help Move the Surplus!

(Over)

WAR FOOD ADMINISTRATION OFFICE OF DISTRIBUTION  
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Served raw, three-fourths of a cup of CABBAGE compares favorably in food value with one Orange, one cup of raw Spinach, or one-half Green Pepper.

For variation add slivers of Carrots, Chopped Fruit, or Sweet Cream with horseradish and lemon juice, or sour cream dressing to the Cabbage Salad.

Cooked Cabbage also blends well with other foods when served as soup, vegetable or main dish.

Plan to serve Cabbage as often as possible during the period of February 24 to March 4.

SALAD DRESSING SUGGESTIONS:

(No Fat Points Used).

Waltham Dressing.

Ingredients	Servings		
	20	50	100
Sour Cream	1 Qt.	2-1/2 Qts.	5 Qts.
Eggs, slightly beaten	4	10	20
Vinegar	1 C.	2-1/2 C.	5 C.
Salt	8 tsp.	7 tbsp.	14 tbsp.
Sugar	8 tsp.	7 tbsp.	14 tbsp.
Mustard	4 tsp.	10 tsp.	20 tsp.
Pepper	1/2 tsp.	1-1/4 tsp.	2-1/2 tsp.

Mix dry ingredients thoroughly.

Add remaining ingredients, mix well.

Cook over water, stirring constantly, until mixture begins to thicken.

